

ABDOMINAL REGIONS

What are the 9 abdominal regions?

- The abdomen can be divided into nine different regions based on their anatomical location. These include the right and left hypochondriac regions and the epigastric region, which are located in the upper abdomen. The right and left lumbar regions and the umbilical region are in the middle abdomen. The right and left iliac regions are in the lower abdomen and the hypogastric region.

Why is it important to know the 9 regions of the abdomen?

- Understanding different anatomical regions of the abdomen is important in any field of study that requires quick identification of problem areas and their associated organs. For example, if a patient was complaining of severe pain in the right iliac region, it might be originating from their appendix.

The upper abdomen contains the (1) right hypochondriac, (2) epigastric, and (3) left hypochondriac regions.

The middle abdomen contains the (4) right lumbar, (5) umbilical region, and (6) left lumbar regions.



